

# ALL RECREATE



# ON FRIDAYS

Your child's school or youth organization is implementing the All Recreate on Fridays *Movement* during the current academic year. The All Recreate on Fridays *Movement* (ARF) is a physical activity initiative targeting preschool through middle school aged youth being implemented across Nebraska through schools, families, faith-based and youth organizations. ARF promotes **60+ minutes of physical activity everyday** while recording that activity on Fridays. Your child will receive fun incentives, prizes, and ribbons for taking part in the *Movement*. Parents will receive an educational newsletter with helpful information regarding physical activity and good nutrition.

## Primary Goals of the ARF Movement

- Get kids moving and have FUN doing it!
- Educate youth to be active through a variety of movements, at any time and in any place.
- Create a social and physical environment that supports physical activity and healthy eating behaviors.
- Provide creative ideas that will support existing programs/activities to accumulate activity time.
- Ultimately, promote a healthy weight for children in Nebraska.

## PARENT CONTRACT

**How you can help:** Parents, we need your help to encourage physical activity with your child at home. Physical activity has been shown to enhance learning, attention span, mood, as well as improve health. Kids should be getting at least 60 minutes of physical activity every day.

### **Ideas:**

- \*Actively play with your kids.
- \*Encourage your child to play outside or walk to school.
- \*Limit TV/video game, and computer time to 2 hours per day.
- \*Be a positive role model and stay active yourself.
- \*Walk or ride bikes with your child to destinations that are near your home.
- \*Visit local recreation facilities and parks in your community.

**I will support and encourage my child's effort to get at least 60 minutes of physical activity everyday.**

**Parent signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## YOUTH CONTRACT

**I, (print child's full name) \_\_\_\_\_, will try to get at least 60 minutes of physical activity everyday and record my activity minutes on Friday. Physical activity is good for my body and mind.**

**Child signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **School/Organization** \_\_\_\_\_